



# CELEBRATING OUR NON-BINARY PEOPLE

## Video Transcript

**Ali:** I'm presenting who I really am.

**Charling:** International Non-Binary People's Day is a day to recognize and celebrate how far we've come towards welcoming those who are different in a society that too often conditions us to think and act in ways that run counter to who we truly are.

Non-binary is a spectrum of gender identities. Being non-binary simply means we're not just a boy or just a girl.

**Melanie:** Is non-binary the same as genderqueer, agender or bigender? No, they are other aspects of gender.

**Charling:** Bigender means to have two gender identities either concurrently or fluctuating.

**Ali:** You may identify as agender –meaning none of the above.

It's important to understand the differences, to understand who you are, to be able to tell your story.

**Charling:** People's identities are something deeply personal and inherent to them. As such, recognizing and accepting our own specific gender identities forms a more wholistic picture of who we are and helps us feel welcomed in a world of boxes, some of which weren't really made for us.

**Melanie:** We are just people that want to be treated respectfully.

**Ali:** There is a really simple way to be inclusive of non-binary people.

**Charling:** Listen to our stories. Understand our desire to sometimes not disclose information.

**Melanie:** Just ask them their pronouns and respect them.

**Charling:** That sense of affirmation that I get when my identity is validated by my outward expression is indescribable.

**Melanie:** We exist, we are valid.

**Ali:** Being authentic, being yourself wherever you.

**Charling:** And if me being visible helps someone, somewhere out there feel more comfortable being themselves, then that's a really good thing and that's one of the ways I will change the world.